

ADELAIDE ANGELS



BASEBALL CLUB

Est. 1908

Club Manual

2015-2016

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ADELAIDE "ANGELS" BASEBALL CLUB

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Plympton S.A 5038
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Marleston S.A. 5033*

2015-2016 COMMITTEE

Committee Position	Full Name	Phone	Email
President	Stuart Batchelor	0428 868 172	gm@tqcsi.com
Vice President	Dion Theile	0422 433 064	dandcatherine@hotmail.com
Treasurer	Paul Tucker	0438 012 752	paul@solahartmarion.com.au
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Junior Coordinator	Davey Watkins	0410 163 724	
Committee Members	Matthew Nangle	0405 919 248	matthew@physiofemme.com.au
	Matthew Pace	0417 035 830	mem@internode.on.net
	Gabby O'Reilly	0410 600 311	gabbyorielly@icloud.com
	Graeme Smith	0417 114 996	jennifer.smith9@bigpond.com

2015-2016 Committee (continued)

Discipline Committee	Appointed if Required		
Club House Manager	Matthew Nangle	0405 919 248	matthew@physiofemme.com.au
Child Safe Officer	Chris Frick	0424 574 662	chris_frick32@hotmail.com
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ADELAIDE "ANGELS" BASEBALL CLUB

2015-2016 Coaches

<i>Team</i>	<i>Coach</i>	<i>Phone</i>	<i>Email</i>
Head Coach Division 1	Ben Frick	0402 226 189	bfrick_26@hotmail.com
Division 2	Ben Frick	0402 226 189	bfrick_26@hotmail.com
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U11's	Matt Pace	0417 035 830	amelectrical@optusnet.com.au
U9's	Stuart Batchelor	0428 868 172	gm@tqcsi.com
Introduction to Baseball	Stuart Batchelor	0428 868 172	gm@tqcsi.com

CLUB HISTORY

The Adelaide Angels Baseball Club (AABC), established in 1908, is one of the oldest baseball clubs in the Adelaide and has a wealth of history and tradition. Our home base is Weigall Oval in Plympton.

AABC participates in the South Australian Baseball League, last season fielding 7 teams in the senior grades and 6 teams in the junior grades. We are also very active in developing baseball with our Friday night t-ball sessions.

The Clubs over the years has had a number of State and National representatives including Australian Baseball League Hall of Fame Norm “Chalky” White (Australian, State and Olympic representative), Darren White (Australian, State and Olympic representative, Past Head Coach), Michael Dunn (Australian and State representative) and Daniel Phelan (6 times State representative and U16 & U18 Australian representative), just to name a few.

We have been fortunate in having strong, organised and conscientious committee over the years. In conjunction with the West Torrens Council, we have made major improvements to the oval, surrounds and the club room facilities over the years to provide us with one of the best facilities in the State. Together with our Coaches and players, the AABC is looking forward to the future with confidence, knowing that baseball is a growing force in South Australia and is one of the fastest growing sports at primary and junior primary schools in Australia.

This season, Ben Frick will lead the Club as Head Coach in his 4th season. With a very competitive 2014/15 we have an excellent grounding to work on, this upcoming 2015/16 season should be huge.

For the 2015/2016 season I would like to welcome on board Travis Tingle from Louisville Kentucky, Alex Lee from Boston Massachusetts, Ron Jacobs from Brisbane and Daniel Chircop from Melbourne. We have also acquired Alex McKenzie and Luke Keogh from Port Adelaide. We are looking forward to another strong defensive season.

We have also increased our Coaching stock with Zac Stokes (Assistant Div 1 Coach), Ben Catalano (Thursday Specialist Coach), Andrew White (Div 3) and Craig Harkin (Pitching Coach).

Make sure when you see the boys around the Club make self-known to them and make them welcome as a value member of the Angels history..

AABC will field 7 senior teams (Div 1, 2, 3, 4, 5, 6 & 7), as well 7 junior teams in all age categories (U19, U17, U15, U13, U11, U9 & our Introduction to Baseball program (T_Ball)).

Let's train hard and get the results we all deserve, Go Angels.

CODE OF CONDUCT

CLUB RESPONSIBILITIES

The Club undertakes to provide/perform the following for the benefit of the club members, players and parents.

- Provide due care and responsibility to all players and fellow members
- Ensure all coaches are pursuing excellence, maintaining updates of modern techniques and providing the best possible learning environment available
- Provide proper and consistent feedback, communication and information relating to the coaching and management of the AABC
- Ensure proper medical procedures are followed
- Conduct themselves in a professional manner with due attention to standards of dress, behaviour and language. In no circumstances will swearing and abuse towards players, umpires, parents and any official be tolerated.

PLAYERS RESPONSIBILITY

GENERAL BEHAVIOUR

- Be courteous and polite to all people and players involved at the AABC
- Respect your own property, the AABC premises, training and match facilities and the property of any other groups or individuals. If you are found to have damaged any property due to abuse you will be responsible for replacement of the damaged property at your own cost

SPORTING BEHAVIOUR

- Players will not abuse, swear or sledge umpires, the opposition or spectators.
- Swearing, racial abuse or other actions that bring the AABC in disrepute will not be tolerated (either on or off the playing field)
- Punctuality at training and matches is required. Coaches are to be notified if you are unable to attend training.
- Players must show respect and sportsmanship towards opposition teams, members and coaches as well as their facilities and equipment.

SOCIAL BEHAVIOUR

- No taking of any drugs unless prescribed by a doctor
- No smoking in the clubrooms or the dugouts
- No Smoking within 10 meters for the Junior Diamond, team shelters or marked areas around the Clubhouse
- Social behaviour must not affect recovery, training or match days

BEHAVIOUR OF PLAYERS, COACHES, OFFICIALS AND SPECTATORS

- Good relationships must be fostered between Clubs and their teams before, during and particularly after the games.
- The authority and decisions of the Umpire must be respected. Any person must not direct abuse and/or intimidating language to any SABL Umpire or Club Umpire.
- The Coach of a team must insist that his/her player(s) behave in a sportsmanlike manner, especially towards members of the opposing team, at all times. The use of intemperate language or unseemly language by players or Coaches is absolutely forbidden.
- Spectators should not only support their own team but also show appreciation of good play by the opposition, and never barrack against or belittle their opponents or their own players. This is deemed to be unsportsmanlike conduct.
- Club representatives of each team, including Coaches and Managers, are required to draw the attention of their spectators and their own players to the above conditions regarding behaviour, if these conditions are being disregarded.
- If the conditions continue to be disregarded, the Umpire shall abandon the game and award it 9-0 or 7-0 to the opposing team.

SOCIAL MEDIA

- The Board of Baseball SA encourages all players, members and families of all Clubs to use Social Media (Facebook, Myspace, Twitter, and Websites) carefully. Social network sites must be regarded as being in the public domain. All participants need to be aware, in the same way as if making a public statement in other forms of media, that any comments would be transmitted to a wider audience. It is their responsibility to ensure only appropriate comments are used.

Any derogatory remark towards Baseball SA, the Club, officials, players, members or spectators will not be tolerated.

Refer to Baseball SA Social Media Policy -

<http://www.baseballsa.com.au/Portals/32/Social%20Media%20Policy.pdf>

EJECTIONS, REPORTS AND THE TRIBUNAL

If a coach/player/club member has been involved in an incident that brings the Club into disrepute the following procedures will take place:

- Coach advises the President that an incident has occurred
- The President will convene a meeting of the Discipline Committee within 48 hours
- Coach, Player(s) and or any Club Member(s) involved in the incident will be required attend this meeting to discuss the sequence of events
- The Discipline Committee, based on the information, will determine the course of action to be taken
- The Discipline Committee will prepare a report, including any witness statements that may be required
- If a Tribunal hearing is expected, a Club Delegate will be nominated to appear before the SABL Tribunal.

TRIBUNAL APPEARANCE

Should a player be reported by an Umpire and be required to appear before the tribunal, the following procedure will take place:

- Upon notification from the SABL of an impending Tribunal Hearing, the named person(s) and the appointed Club Delegate will be required to attend the another meeting of the Discipline Committee to review the report and be briefed in the procedures to take place
- The Discipline Committee will contact any witnesses to ensure that they are available to attend the Tribunal hearing to give evidence on behalf of the Club.

RESPONSIBLE SERVICE OF ALCOHOL POLICY

As a provider of alcohol we recognise that we have a significant legal duty of care, both to the consumer and wider community. This policy aims to provide a basis for the responsible use of alcohol at the **Adelaide Angels Baseball Club** and this is seen as fundamental to the aims of the club.

To ensure that alcohol is managed responsibly by the club and its members, the following requirements will apply when alcohol is served by the club at the club or during a club function:

- We will abide by all the requirements and laws of the *Liquor Licensing Act 1977*. When the bar is open, accompanied underage people are allowed on the premises until 12 midnight.
- Our licensed premises will be personally supervised and managed by an approved person(s) at all times while the premises are open to the public. The person(s) will be selected by the Committee.
- The elected Committee will assist club volunteers to provide a safe and responsible environment where alcohol is consumed
- We will provide more than 5 options for non-alcoholic drinks to be purchased
- No all-you-can-drink or free-drink functions will be organised or held.
- Any person found supplying alcohol to under age people will be asked to immediately leave the premises and the surrounding grounds along with the underage people involved.
- All people purchasing alcohol must be able to produce a valid identification card (with picture and date of birth) on demand.

HEALTH AND SAFETY POLICY

This policy recognises that the **Adelaide Angels Baseball Committee (AABC)** is responsible for the health and safety of all volunteers in the workplace. In fulfilling this responsibility we have a duty to provide and maintain a working environment that is safe and without risks to health.

To meet the objectives of this policy, the ABC are committed to consult with volunteers to ensure that health and safety issues are regularly reviewed.

The **Adelaide Angels Baseball Committee** is committed to:

- Work to eliminate hazards and practices that could cause incidents, injuries and illnesses.
- Comply with all applicable health and safety acts and regulations (**OHS&W Act 1986**, the **OHS&W Regulations 1995**), as a minimum.
- Involve all people who volunteer for AABC in identifying, assessing and controlling workplace hazards within the workplace.
- Undertake to help our people to achieve full recovery through prompt treatment and active rehabilitation programs following workplace illness or injury.
- Provide information, training and supervision for all volunteers in the correct use of plant, equipment, chemicals and other substances used within the workplace.
- Maintain an **OH&S Induction Register** of all staff and volunteers working within the club; that would ensure that they are suitably inducted into their obligations within this policy.
- *NB (This would seek to minimise the potential liability/litigation in the event of a workplace injury/claim.)* Be responsible for the effective implementation of this policy.

AABC volunteers/members are required to:

- Have a duty to take care of their own health and safety and of others affected by their actions or omissions.
- Comply with safety procedures and directions.
- Not wilfully interfere with or misuse items or facilities provided in the interest of health and safety.
- Inform a member of the AABC Committee of hazards and incidents occurring at the workplace.

This policy will be regularly reviewed in the light of changes to the workplace and changes in legislation.

The AABC Committee seeks co-operation from all members in creating a safe work environment.

GAME DAY ARRANGEMENTS

JUNIORS

- All Junior Games are played on Sundays between the hours of 9 am to 3pm refer to the Baseball SA fixture for all grades (<http://baseballsa.com.au/Competitions/2014-15-Fixtures>).
- All U11,U13 & U15 teams play on the diamond No.1a (Junior Diamond).
- U17 & U19 play on the main diamond
- Junior Players are required to report to their respective managers/coaches 1 hour prior to the commencement of the game.

Note: If you're the first game of the day (home games only) you are expected to be at the game 1.25 hours before to assist setting the diamond up. This includes erecting the shades for each team and the scorers.

SENIORS

- Senior Divisions 3 through to 7 play on Saturdays between the hours of 11am and 4pm
- Seniors Players are required to report to their respective managers/coaches 1 hour prior to the commencement of the game.
- Senior Divisions 1 & 2 plays on Sunday between the hours of 11am and 3 pm.
- Division 1 & 2 Players are required to report to their respective managers/coaches 1.5 hours prior to the commencement of the game.

MATCH DAY UNIFORM

Division 1 & 2

Home Games White Angels Playing Strip, White playing pants, Blue Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Away Games Blue Angels Playing Strip, White playing pants, Red Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Division 3, 4, 5 & U19's White Angels Playing Strip, White playing pants, Blue Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Division 6 & 7 White playing pants, Blue Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Junior White playing pants (elastic or belt loop waste), Blue Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Coaches White playing pants, Blue Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Managers Club Polo Shirt and Club Cap

Bat Boy White playing pants (elastic or belt loop waste), Blue Sponsors Undershirt, Club Cap, Navy Blue Socks and Navy Blue Belt

Note 1 If you require warmer attire for the cooler days only approved Club merchandise maybe worn as displayed in the Club House (Jacket, Slicker or Hoodie). Plain navy jackets/hoodies/pullovers will be acceptable.

Note 2

Sandals and non-prescribed T-Shirts etc are not part of the AABC uniform and are not accepted wear for players, coaches and managers

MATCH DAY KIT

On each match day all players must ensure that they bring the following equipment to the grounds:

- 1 pair of boots.
Note: U11 & U13 require moulded soles, they can wear their soccer/footer boots. U15 and above wear metal cleats
- Uniform as prescribed above for each division
- Personnel Protective Equipment (e.g. box protection)
Note: All Juniors are encouraged to supply their own helmet
- Glove
- Water Bottle (full) and 30+ sun block.

AFTER MATCH PRESENTATIONS

Sunday Night presentations are held after the completion of all Division 1 games, it is expected that all players return to the Club. Presentation will commence at 7pm every Sunday, meals will be available.

Note: It is expected that all players attend games and after match presentations suitably attired in the club polo or undershirt.

Medical Policy

You will never get a better chance to treat an injury than in the first 36 hours. If you do not treat your injury properly in this time period it will severely affect your chance of playing the following week. As part of being a player with the AABC it is expected you will manage your injuries professionally. All ways remember **RICER**:

Rest – Ice – Compression – Elevation – Referral -

<http://www.elastoplastsport.com.au/injury/Ricer.aspx>

R = Rest

Do not put any more weight than necessary on an injury. If it is a painful, lower leg injury, than crutches may be helpful.

I = Ice

Ice (ideally crushed and put in a plastic bag) should be placed over the affected area. Never put ice straight on your skin. A plastic icing regime is 20 minutes every 2 hours. Continue this treatment for the first 48 -72 hours. Ice cools the tissue and reduces pain, swelling and bleeding.

C = Compression

The injured area should be wrapped in a firm bandage between icing intervals. Compression reduces bleeding and swelling. The tight rapping should not be left on at night.

E = Elevation

Ideally, elevate the affected area above the level of your heart, this will assist the injured area to stop bleeding and swelling. Resting an ankle on a pillow is an example of this.

R = Referral

Refer the injured person to a qualified professional such as a doctor or physiotherapist for precise diagnosis, ongoing care and treatment. A full recovery is then more likely.

Movement should only be within the limits of the pain initially. This can be down 5 -10 minutes after an icing session.

There are certain things that should be avoided during the acute stages of injury. The most import is **ALCOHOL**. Alcohol will promote swelling and bleeding it thins out your blood.

HYDRATION

Evidence suggests that being as little as 1% dehydrated effect the athletic performance. When you are more than 3% dehydrated you a creating the conditions for heat illness and heat stroke. The latter, of course, can be fatal.

The best way to tell about your hydration state is to weigh yourself before and after a game. Each kilogram lost is equal to one litre of fluid. If your urine is dark yellow in colour then it is a good indicator that you are dehydrated, but the general rule of thumb is the darker the colour your urine the more dehydrated you potentially are.

One of the things that prevents people from taking the correct amount of fluid is concern regarding stomach cramps or the 'stitch'. This occurs because the stomach is filling and not emptying rapidly enough. Research suggests on of the best ways to prevent this is to take a preload of fluid prior to activity. It has been recognised that taking fluid in the hour prior to excises one can improve stomach emptying thus avoiding the 'stitch'. If you know it is going to be a hot day, drink plenty of water early and often preferably during the morning before your game, electrolyte drinks should be generally avoided, as water will meet your general fluid intake.

HEAT RULE POLICY

REFER BASEBALL SA WEBSITE

<http://www.baseballsa.com.au/Portals/32/Heat%20Rule.pdf>

TRAINING

Training is our work place and is such should be respected and utilised to improve ourselves both individual and collectively.

Players are encouraged to set goals for training. You should walk off the track having achieved or better than when you stepped on.

Our main training sessions are as follows:

SENIOR TRAINING

Tuesday & Thursday	Division 1 & 2	5.30pm – 7.30pm
Monday & Wednesday	Division 3 & 4	5.30pm – 7.30pm
Thursdays ***	Division 5,6 & 7	5.30pm – 7.30pm

*** *Note: conducted on the junior diamond and batting cages*

JUNIOR TRAINING

To be discussed with the families and coaches. These times will work the availability of the Main Diamond due to Div 1 & 2 training sessions.

If a player is unable to attend training, he must advise the COACH.

- Junior players will be invited to attend senior training on an invitational basis
- Senior players will be required to attend junior training on a roster basis.

CLUB SPONSORS

www.adelaideangelsbaseball.com.au/sponsors



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